

# CARTERET COUNTY SENIOR CENTER MENU

October 2020 252-247-2626

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|---|---|---|---|
|   |   |   | 1. Baked Pork Chops,<br>Boiled Potatoes,<br>Broccoli, Pears, Rolls,<br>2 % Milk                                   | 2. Meatloaf, Green<br>Limas, Winter Blend,<br>Choc pudding, Rolls,<br>2% Milk             |
| 5<br>Ham, Yams, Green<br>Peas, Pineapples, Roll,<br>2% Milk                         | 6<br>Pepper Steak, Mac n<br>Cheese, Field Peas,<br>Applesauce, Whole Wht.<br>Bread, 2% Milk | 7<br>Sm. Sausage, Dry Limas,<br>Cabbage, Mixed Fruit,<br>Roll, 2% Milk                      | 8<br>Meat Balls, Mashed<br>Pots, Turnips, Orange,<br>Biscuit, 2% Milk   | 9<br>Fried Chicken, Pot<br>Salad, String Beans,<br>Pears, Roll, 2% Milk                   |
| 12<br>Baked Pork Chop, Navy<br>Beans, Corn, Peaches,<br>Roll, 2% Milk               | 13<br>Spaghetti w/ Meatballs,<br>Mixed Veggies,<br>Applesauce, Garlic<br>Toast, 2% Milk     | 14<br>Baked Chicken w/ gravy,<br>Boiled Pots, Collards,<br>Mixed Fruit, Biscuit, 2%<br>Milk | 15<br>Trout, Baked Beans,<br>Slaw, Cornbread,<br>Orange, 2% Milk  | 16<br>Meatloaf, Green<br>Limas, Winter Blend,<br>Choc Pudding, Roll,<br>2% Milk           |
| 19<br>Hamburger Steak w/<br>gravy, Mashed Pots,<br>Turnips, Pears, Roll, 2%<br>Milk | 20<br>Chili w/ Kidney Beans,<br>Corn, Applesauce,<br>Saltines, 2% Milk                      | 21<br>Roast Pork w/ gravy,<br>Navy Beans, Winter<br>Blend, Peaches, Biscuit,<br>2% Milk     | 22<br>BBQ Chicken, Whole<br>Pots., Field Peas,<br>Banana Pudding, Roll,<br>2% Milk                                | 23<br>Beef Tips, Rice,<br>Collards, Pineapples,<br>Cornbread, 2% Milk                     |
| 26<br>Chicken Pot Pie, Yams,<br>Corn, Spiced Apples,<br>Roll, 2% Milk               | 27<br>Turkey w/ gravy,<br>Mashed Pots, String<br>Beans, Peaches, Biscuit,<br>2% Milk        | 28<br>Chicken-fried Steak,<br>Green Limas, Carrots,<br>Pears, Cornbread, 2%<br>Milk         | 29<br>Baked Pork Chops w/<br>gravy, Mac n Cheese,<br>Mustard Greens, Mixed<br>Fruit, Whole Wht. Bread,<br>2% Milk | 30<br>Stewed Beef w/ Pots<br>and Veggies, June<br>Peas, Vanilla Pudding,<br>Roll, 2% Milk |

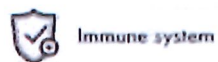
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\*\*\*Seniors must be at least 60 years old and be registered with the Senior Center. Eligible participants must agree to register for lunch at least three (3) times a week in order to be considered an active participant\*\*\*



# Eat a rainbow

Fruit and vegetables nutrients by color



Immune system



Healthy colon



Prevents ulcers



Lowers cholesterol



Healthy heart



Healthy heart



Lowers cholesterol



Healthy joints/tissues



Supports eyesight



Healthy skin



Healthy heart



Immune system



Skin protection



Supports eyesight



Antioxidant



Healthy heart



Decr. blood pressure



Skin protection



Helps cell renewal



Prevents Cancer



Healthy heart



Healthy blood vessels



Helps memory



Anti-aging



Healthy urinary system



Improves digestion



Supports eyesight



Healthy bones



Immune system



Prevents Cancer